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NO CRACK IN T.O. MAYOR'S ARMOUR

DESPITE DRUG ALLEGATIONS SWARMING AROUND HIM AND HIS FAMILY, ROB FORD VOWS TO SEEK RE-ELECTION

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'Numb' protein a potential chemo booster

Western researchers say discovery is key to making cancer cells more receptive to treatment PAGE 3

Maple moola mystery? Not really: BoC

Central bank says there is no scratch 'n' sniff secret to the new polymer bills after dozens of inquiries PAGE 6

Surprise, surprise! Most sequels suck

Metro rounds up five films that deviated from the original story — and failed. Miserably PAGE 9

NEWS WORTH SHARING.

CANUCKS OUT IN FRONT

London's Damian Warner competes Sunday in the 110-metre hurdles during the men's decathlon at the Hypo Meeting in Goetzis, Austria. Warner came out on top in the competition alongside fellow Canadian Brianne Theisen, who won the women's heptathlon. Story on page 17. THE ASSOCIATED PRESS

Food truck rules hard to swallow, proponent says

Pilot project. Prospective operator says city hall's changes to her proposal simply won't work

MARK SPOWART
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City hall's proposed rules for a food truck pilot project are giving at least one prospective operator heartburn.

Michelle Navackas, 33 of London, manager of the Western Fair Farmers Market, was instrumental in getting the ball rolling on the project. Now, she's on the verge of bowing out.

"The pilot project created by the city will make it almost impossible for a small truck operator to make any money," Navackas said.

Under her proposal, there would have been eight to 10 locally owned food trucks providing a variety of offerings using locally sourced ingredients.

Navackas wanted to see the health benefits and uniqueness of prospective trucks evaluated by representatives from the city or an appointed committee.

While city staff says that could be considered for the future, they're calling for a pilot project that would see operators compete in a lottery for three assigned spots — two along Dufferin Avenue in front of Victoria Park, and one on Clarence Street, north of Dufferin. The pilot would run from June to Oct. 31. Trucks — which would have to be licensed and pay a proposed $9 daily to rent a parking space — would be restricted from opening during festivals.

"The only people who are going to be able to afford to do this are restaurants or chains that already have a food truck," Navackas said.

Vendors who have to buy a truck to participate likely won't earn enough during the program to offset their investment, Navackas said.

The city's proposal will be tabled during a Monday night committee meeting.

Coun. Stephen Orser, a supporter of food trucks roving city streets, is already on the defensive, calling the proposed rules "crazy."

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NEWS 1

Auditor expanding search for efficiencies

Money matters. Boards and commissions that receive city money will be participating in operational audits

MARK SPOWART
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As the city pushes boards and commissions to pinch every penny possible, an auditor is being called in to comb through the books.

The idea comes from Coun. Matt Brown, chairman of the city's audit committee. He made a pitch late last year for groups that receive city money — like the London Transit Commission and the housing corporation — to open themselves up for a third-party look at operations.

Now, the project is moving ahead.

Brown made the suggestion after seeing similar audits at city hall turn up "millions of dollars" in savings.

The chosen one

- Pricewaterhouse Coopers, the firm that has audited city hall, will carry out audits for boards and commissions.

If the same turns out to be true for boards and commissions, it could relieve a lot of pressure from upcoming city budgets.

From 2009 to 2012, council's budget increase to fund programs run inside city hall is 0.1 per cent, compared to a 4.4 per cent increase during the same period for programs run by boards and commissions, Brown said.

"You take into account inflation at 2.1 per cent, (and) you realize the trend line is really unsustainable," he said. "When I brought this idea forward, I argued (that) unless we change the trend line of disproportionate rising costs, it will continue each year.

"We cannot do the same and expect different results."

External audits are new for the city. Before the current council took office, audits were done internally, Brown said.

Another big leap toward a solid financial future, Brown says, would be making budgets and funding commitments that cover multiple years.

"(Multi-year plans) allow you to plan for the longer term and make commitments with community partners," he said. "If you are able to plan for the long term, you are usually also able to find more efficiencies."

Tri not to smile at kids racing for kids

Competitors near the end of the cycling portion of Sunday's Kids Tri 4 Kids triathlon outside the Carling Heights Community Centre. Featuring 420 kids ranging in age from three to 13 years old, the triathlon, organized by ScotiaMcLeod investment firm, has nearly doubled in size since it started three years ago. Proceeds are donated to London non-profit Childreach, with a combined $50,000 raised in 2011 and 2012. ANGELA MULLINS/METRO

West London. Fire sparks hefty damage estimate

A Saturday fire caused $1 million worth of damage to a home on Hartson Place near Hyde Park Road and Riverside Drive.

The homeowners evacuated at about 4:40 p.m. after a blaze started in electrical wiring and moved through the walls into the attic.

Once in the attic, the fire grew to consume the rest of the house, forcing firefighters to evacuate.

The Ontario Fire Marshal was investigating Sunday. No injuries were reported. METRO

Another fire

Firefighters say a defective fireplace is to blame for a second Saturday fire.

- That blaze was reported about 7:40 p.m. at 474 Queens Ave. and caused an estimated $100,000 in damage, firefighters said.

$50K drug value

Police seize guns, drugs

Police have taken cocaine, morphine and a semi-auto handgun from a home on Wonderland Road South.

Nathan Murphy, 37, Richard Mussah, 32, Anthony Stuifergen, 58, and Rola Meddaoui, 33, face numerous weapons and drug charges, including possession with the intent of trafficking.

The drugs found were valued at more than $50,000, police said. METRO

3 men charged

Homeowner snarls break-in

Three London men are facing charges after a homeowner put a stop to alleged would-be burglars Sunday at a home near Bernard Avenue and Richmond Street.

Officers arrested two men as they were leaving the area; the third was found with a tracking dog.

Nadeem Salman, 18, Tyrone Calliste, 27, and Louray Danial, 23, are charged with breaking and entering. METRO

Female victim

Fall from balcony 'very complex'

London police were still "sorting the details" Sunday of what caused a person to fall from the balcony of a Talbot Street apartment.

The female victim is in critical condition.

"We have to look at every angle," Const. Will Knelsen said Sunday, describing the investigation being handled by the major crimes unit. "This is a very complex situation." METRO

Presentations. Final battle cry for Lorne Avenue school is Monday

People campaigning to keep Lorne Avenue Public School open will have one last chance to state their cases Monday.

About 50 people are expected to make presentations — many of them in favour of the embattled school — to Thames Valley District School Board trustees.

Each person registered as a speaker will be given five minutes. Presentations start at 6 p.m., with Mayor Joe Fontana taking the stage. They are expected to continue until 11 p.m.

The meeting is at the Thames Valley Education Centre (1250 Dundas St.).

Trustees have recommended that the Old East Village school, which has about 200 students, be closed.

A committee appointed to review the recommendation wants the school to stay open. A final decision is slated for next month.

A long debate about the future of Lorne Avenue Public School (723 Lorne Ave.) is nearing an end.
ANGELA MULLINS/METRO

City officials have pitched a plan that would include partnering with the TVDSB and other groups to keep the school up and running. The plan includes turning a portion of the building into a community resource centre.

ANGELA MULLINS/METRO

Rural Ont. Western med students lend helping hand while learning

From Chatham to Chesley and Goderich to Grand Bend, hospitals in southwest Ontario will receive a helping hand over the next two weeks from Western students.

As part of the Schulich School of Medicine and Dentistry's Discovery Week program, students will be spread across the region to work alongside a variety of health professionals. Areas covered include emergency rooms, family doctor's offices and chiropractic care.

The program is designed to give students an interprofessional education and the experience of working in communities that are more rural and different than the GTA — which is where most of the school's students come from.

In addition to offering hands-on experience, the program gives students a glimpse into the state of health care in rural areas, many of which are underserviced.

KEVIN HURREN/FOR METRO

Hands-on experience

168

Number of first-year Western University medical students participating in Discovery Week.

Due in court July 4

Court officer charged with assault

A prisoner security officer at the London courthouse has been charged with assault causing bodily harm.

Craig Pickering, 41, a special constable for the local force, was charged Friday in relation to an incident in a holding cell, police said.

He is alleged to have assaulted a prisoner. METRO

Explore the city

Outdoor walking tours return to museum

Museum London's Outdoor Walking Tours series starts June 1.

Billed as a way to learn about downtown and the Thames River, the free tours highlight a bit of everything from public art to hidden gems.

Tours are lumped into seven categories and run through Aug. 31. METRO

Hit me with your best shot

Goalie Peter Almeida, 35, of London, makes a save during a shootout Sunday at Hockey Night in Canada's Play On! street hockey tournament. The two-day tournament centred around Victoria Park saw 401 teams from the London area and the GTA battle it out for bragging rights.

ANGELA MULLINS/METRO

Researchers zero in on protein's potential for boosting chemo

'Very optimistic.'
Western U announces another discovery that may pave the way for new breast cancer treatments

MARK SPOWART
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It's called the Numb protein, and researchers at Western University believe it holds the key to making cancer cells more receptive to chemotherapy.

With research money provided by the Canadian Cancer Society, Dr. Shawn Li has made a discovery he believes will benefit patients diagnosed with triple-negative breast cancer.

"Triple negative occurs in about 15 per cent of all breast cancers," said Li. "I think this discovery is going to open the door to a new a type of therapy.

"It is still a long ways away, but I am very optimistic."

Li and his team found the Numb protein promotes the death of cancer cells by binding to and stabilizing a tumour-suppressing protein called p53 — a regulator of cell death.

Cells without Numb can see p53 degrade quickly, making them resistant to chemo, Li says. Introducing the protein could lead to more positive results.

The Canadian Cancer Society has been backing Li's research since 2000. His research team has submitted a new request for money to continue its work.

In 2012, 22,700 women were diagnosed with breast cancer, causing 5,100 deaths, the cancer society says.

A look back

Last week, Western University announced that John P. Wiebe had identified new hormones that could suppress breast cancer and reduce the size of tumours.

- The finding by Wiebe, a professor emeritus and researcher, is considered the first explanation of what causes receptor-negative breast cancer.

Knights make quiet return to Forest City

There won't be a hero's welcome home for the London Knights.

The Knights returned from the Memorial Cup tournament in Saskatoon early Saturday without fanfare, the team's marketing manager said. Last year, thousands of people were on hand when the team arrived in the airport after falling one goal shy in the tournament's finals.

The 2012-13 season came to an end Friday with a 2-1 loss to the Portland Winterhawks in the Canadian Hockey League semifinal.

Max Domi was the only Knights player to find the back of the net during the game. The goal came during the game's first power play at 12:43 in the first period.

London goalie Jake Patterson made 32 saves.

Friday's loss capped off a rocky tournament that saw the Knights post a 2-3 record and fall short of a chance to claim the cup.

London clinched the Ontario Hockey League championship May 13 with a 3-2 win over the Barrie Colts in the seventh game of that series.

They're guaranteed a spot in next year's Memorial Cup tournament as the host.

ANGELA MULLINS/METRO

Ford brothers add a little smack talk to crack talk

Drug allegations. Toronto mayor and councillor use radio show to bash accusers

The embattled mayor of Toronto took control of the narrative surrounding allegations of crack cocaine use, vowing Sunday not to let media "maggots" interfere with his mayoralty.

Rob Ford used his weekly radio show to decry his critics, tout his own political record and confirm his intention to seek re-election.

He even lamented the loss of his volunteer high school football-coaching job, a development his brother, who joined him on the airwaves, suggested may have been influenced by higher political forces.

Ford's confidence was markedly different from the evasion seen ever since reports surfaced of a video that allegedly shows him smoking what appears to be crack cocaine.

"No matter what you say, I've found out, to the media, you're never going to make them happy," Rob Ford said on NewsTalk1010.

Ford — who has faced calls to step down in recent days — added he plans to start campaigning for the next municipal election as soon as possible, saying, "I'll be the first one putting my name on that ballot."

The mayor's brother, Coun. Doug Ford, lashed out at critics who've suggested his family has hurt the city's reputation.

Doug Ford found himself under scrutiny as well after a Globe and Mail article on Saturday claimed he dealt hashish in for several years in the 80s — allegations he has denied.

"I never start a fight, but when someone comes up and punches you in the head 15 times, tries to attack your credibility, your character, try to go after your family's character ... I go swinging back," he said.

"Journalism in my opinion has sunk to an all time low."

THE CANADIAN PRESS

Toronto Mayor Rob Ford arrives at a radio station on Sunday for his weekly radio program with his brother Doug. Allegations that the mayor might have been filmed smoking crack cocaine have attracted international media attention and inspired late-night TV jokes. AARON VINCENT ELKAIM/THE CANADIAN PRESS

CSIS kept quiet on spy to protect own secrets

Jeffrey Delisle pleaded guilty to violating the Security of Information Act and was sentenced to 20 years in prison in February. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

Canada's spy agency clandestinely watched a navy officer pass top secret information to Russia for months without briefing the RCMP — a previously unknown operation that raises questions about whether Jeffrey Delisle could have been arrested sooner.

The Canadian Press has learned that the FBI alerted the Canadian Security Intelligence Service (CSIS) to Delisle's illicit dealings with Moscow well before the Mounties took on the file in December 2011 and later brought him into custody.

CSIS ultimately decided not to transfer its thick Delisle dossier to the RCMP. The spy agency, acting on legal advice, opted to keep its investigation sealed for fear of exposing a trove of Canadian and U.S. secrets of the intelligence trade in open court proceedings.

In a bizarre twist, it fell to the FBI — not CSIS — to send a letter to the RCMP spelling out how a Canadian was pilfering extremely sensitive information, including highly classified U.S. material.

The RCMP had to start its own investigation of Delisle almost from scratch. The delay alarmed and frustrated Washington as the geyser of secrets continued to spew.

At one point the Americans, eager to see Delisle in handcuffs, sketched out a Plan B: Luring the Canadian officer to the U.S. and arresting him themselves, perhaps during a stopover en route to a Caribbean vacation.

THE CANADIAN PRESS

Reactions

Intelligence historian Wesley Wark, who served as an expert witness at Delisle's sentencing, said it would be "scandalous" if the system did indeed break down.

- According to Delisle's lawyer, it also flags legal concerns about the government's obligation to disclose everything it knows to an accused.

Senate expense scandal

Ex-Mountie fears Tory control

A former RCMP superintendent says he's never seen the degree of political control over the Mounties that exists now, and says it "does not bode well" for a police investigation of the Senate expense scandal.

Garry Clement, a 30-year veteran of the force, told CTV on Sunday that he knows the investigating officer involved in the Senate case has the "utmost credibility."

However, he also called out Public Safety Minister Vic Toews, saying, "Let's be honest, the direction that Mr. Toews as a minister, everything's got to go through him, in my mind does not bode well for objectivity."

THE CANADIAN PRESS

Halifax

Cat lady has over 50 felines taken away

More than 50 cats living in a one-bedroom apartment in Halifax have been taken from their owner.

The Disaster Animal Response Team of Nova Scotia (DARTNS) said it helped remove 51 cats after being contacted by the landlord on Friday.

Catherine Stevens, communication director for DARTNS, said a female senior co-operated as her animals were taken away.

"The cats were being fed and watered … there are no cats abused," she said.

"She thought she was doing a great job (by caring for them), as most hoarders do," Stevens added. "It's somebody trying to do a good thing, but it goes bad." METRO IN HALIFAX

Resident evil

Man sleeping on bloodied ground at Magnotta's old flat

Tenants in a Montreal apartment block have made their home at the scene of one of Canada's most notorious slayings — the former abode of accused killer Luka Rocco Magnotta.

Superintendant Eric Schorer lost tenants from around 10 units shortly after the incident. Magnotta's former home remained vacant for over half a year.

He doesn't think the current tenant, whom he described as a foreigner, knows anything about its past.

"We don't advertise it, obviously," said Schorer, who has fully renovated the unit.

"The only problem ... is people who are afraid of ghosts." THE CANADIAN PRESS

Britain. Killing suspect arrested in 2010 in Kenya

A suspect in the savage killing of a British soldier on a London street was arrested in Kenya in 2010 near the East African country's border with Somalia, an anti-terrorism police official said Sunday.

Michael Adebolajo was believed to have been preparing to train and fight with the al-Qaida-linked Somali militant group al-Shabab in 2010 when he was arrested with five others, Kenya's anti-terrorism police unit head Boniface Mwaniki told The Associated Press.

Mwaniki said that the suspect was then deported. However, Kenya's government spokesman said he was arrested under a different name and handed to U.K. authorities.

"Kenya's government arrested Michael Olemendis Ndemolajo. We handed him to British security agents in Kenya and he seems to have found his way to London and mutated to Michael Adebolajo," spokesman Muthui Kariuki said. "The Kenyan government cannot be held responsible for what happened to him after we handed him to British authorities."

Kariuki said Adebolajo was travelling on a British passport, but he could not confirm if it was authentic.

British soldier Lee Rigby, 25, was run over and stabbed in the Woolwich area in southeast London on Wednesday afternoon as he was walking near his barracks.

Adebolajo, 28, and Michael Adebowale, 22, are suspected in the killing and remained under armed guard in separate London hospitals after police shot them at the scene.

Adebolajo's friend asserted in a BBC interview that Adebolajo became withdrawn after he allegedly suffered abuse by Kenyan security forces during interrogation in prison there.

THE ASSOCIATED PRESS

Lyn Rigby, mother of Drummer Lee Rigby, holding a teddy bear joins other family members as they look at floral tributes outside Woolwich Barracks in south-east London on Sunday. JOHN STILLWELL/THE ASSOCIATED PRESS

France

Cops hunting for man who stabbed soldier in throat

French anti-terrorism investigators were searching Sunday for a man who stabbed a soldier in the throat in the commercial district of La Defence outside Paris.

The 23-year-old soldier, Cedric Cordier, was in uniform patrolling the busy underground corridors beneath the famous Arch of La Defence.

Saturday's stabbing came days after a British soldier was hacked to death on a London street in a suspected terrorist attack that has raised fears of potential copycat strikes. However, there was no immediate confirmation of any link between the two attacks.

Cordier remained hospitalized Sunday but officials said his throat wound wasn't life-threatening.

France's defence minister said Cordier was targeted because he was a soldier.

Speaking shortly after the attack, French President Francois Hollande said that while "all hypotheses" will be investigated, there didn't appear to be a link with the attack in London.

THE ASSOCIATED PRESS

U.S. President Barack Obama is greeted as he tours a tornado-affected area Sunday in Moore, Okla. Obama is in the Oklahoma City area to survey damage from last week's tornado and to meet with victims and first responders. MANDEL NGAN/GETTY IMAGES

Obama consoles tornado victims

Oklahoma. President offers federal support in rebuilding efforts

U.S. President Barack Obama flew to tornado-ravaged Oklahoma Sunday, offering moral and monetary support to people still reeling from lost lives and shattered neighbourhoods. He told survivors, "You've got folks behind you" across America.

Standing with Oklahoma Gov. Mary Fallin and other state and federal officials amid the devastation wrought by the monstrous tornado, Obama said, "A picture's worth a thousand words." He said the rebuilding job will be enormous and "we're going to be with you all the way."

"Our hearts go out to you," Obama said, noting the loss of life and some 1,200 homes. He urged the American people to pitch in and help, saying that in instances such as this, the president serves as a "messenger" for all citizens, bringing words of condolence, promises of government assistance and pleas for private contributions.

Twenty-four people, including 10 children, died when the tornado hit last Monday.

The extraordinarily powerful twister was known as an EF5, ranking it at the top of the enhanced Fujita scale used to measure tornado strength.

Obama rode past fields strewn with scattered debris, witnessing devastation so awesome it appeared as if garbage had rained from the sky. His first stop was the demolished site of the Plaza Towers Elementary School, where seven students were killed when the tornado turned the building into a heap of bricks, broken concrete and twisted metal.

THE ASSOCIATED PRESS

FEMA response

The Federal Emergency Management Agency's contributions:

- 450 FEMA personnel on the ground
- 43,000 meals, 150,000 litres of water and thousands of blankets, cots, and tarps delivered
- $3.4 million in assistance payments approved

Pope Francis greets the faithful at the end of his visit to the parish church of St. Elisabetta and Zaccaria in Rome, Sunday. GREGORIO BORGIA/THE ASSOCIATED PRESS

Beatification. Priest killed by mob honoured by Pope

Pope Francis paid tribute to a courageous priest murdered by Sicilian Mafia and urged mobsters on Sunday to abandon their evil ways, particularly the exploitation of people in trafficking rackets like prostitution.

Francis issued the call a day after the beatification of the Rev. Giuseppe "Pino" Puglisi in Palermo. The Vatican honoured Puglisi as a martyr in the ceremony, 20 years after he was slain by mobsters for defiantly preaching against the Mafia in a neighbourhood where Cosa Nostra held sway.

Francis told a crowd in St. Peter's Square that the Mafia killed Puglisi because he tried to keep youths from being recruited by mobsters.

Beatification is the last formal step before possible sainthood. THE ASSOCIATED PRESS

Myth of the maple moola: Dozens ask BoC if new bills have syrup scent

Scratch 'n' sniff secret? Correspondence shows Canadians contacted central bank to inquire whether polymer notes have a whiff of érable

Good enough to eat with pancakes? Finance Minister Jim Flaherty holds a new polymer $100 bill in this 2011 file photo. Rumours about maple-scented bills began soon after the $100 note, which was the first of the plastic banknotes to be introduced, began circulating in late 2011. Now, correspondence shows many Canadians have gone to the trouble of contacting the Bank of Canada to ask if the rumours are true. THE CANADIAN PRESS FILE

The penny may be history, but some Canadians suspect the Bank of Canada has been circulating a new scent along with its plastic bank notes.

Dozens of people who contacted the bank in the months after the polymer notes first appeared asked about a secret scratch-and-sniff patch that apparently smells like maple syrup.

"I would like to know ... once and for all if these bills are in fact scented, as I do detect a hint of maple when smelling the bill," says a typical email from a perplexed citizen.

Said another: "They all have a scent which I'd say smells like maple? Please advise if this is normal?"

Under the Access to Information Act, The Canadian Press obtained a year's worth of correspondence to the Bank of Canada from ordinary Canadians about the new currency. Names were withheld to protect privacy.

For the record, bank official Jeremy Harrison says no scent has been added to any of the new bank notes.

The maple mystery was born soon after the first polymer note — the $100 bill — was released in November 2011, and has persisted in cyberspace on YouTube videos, blogs and tweets.

THE CANADIAN PRESS

Folks who need hobbies

Help! My money lost its smell

A few people were so convinced about the fragrant funds that they actually complained to bank officials that some of their new plastic notes were odour-free. "The note ... lost its maple smell," said one writer. "I strongly suggest the Bank increases the strength of the ... maple smell."

Another cited an alleged scratch-and-sniff area on the new $100 bank note: "I could smell the scent once but not all the time. ... I bet a couple friends and cannot find proof, is it just me?"

Ivory Coast techies elect 'Web Mayor'

Emmanuel Assouan, the newly inaugurated web mayor of Abidjan, Ivory Coast's largest city, took the oath of office with his right hand on a white iPad. THE ASSOCIATED PRESS

A 22-year-old who lives with his parents is the new mayor of Ivory Coast's largest city, Abidjan — at least according to the West African nation's active community of self-described Internet geeks.

Abidjan's budding network of bloggers, strategists, designers and web entrepreneurs organized a separate vote for web mayor in late April, days after Ivorians went to the polls for local elections.

Emmanuel Assouan was crowned leader for a group that in recent years has dreamed up creative ways to aid the city's population of roughly four million people and draw attention to government shortcomings in areas like traffic congestion and power supply, said Amevi Midekor, who helped organize the vote. Assouan beat out a crowded field of 12 candidates, with more than 25 per cent of 534 votes counted.

He took the oath of office on Friday night with his parents looking on. As he placed his right hand on a gleaming white iPad, Assouan vowed to foster an online community that was "healthy, safe and rich in content." THE ASSOCIATED PRESS

Jerusalem. Electric car firm goes to a Better Place

Israel's trailblazing electric car company Better Place says it has reached the end of the road. The company announced Sunday that it was filing for liquidation, marking a stunning end to an ambitious plan aimed at revolutionizing the auto industry by reducing the world's dependency on oil.

Perhaps Israel's best known clean-tech firm, Better Place was developing a nationwide network of charging and battery-swapping stations. But the company experienced repeated delays in getting off the ground and weak demand for its cars.

Better Place founder Shai Agassi, who became something of a celebrity CEO, was forced out of the firm less than eight months ago. GETTY IMAGES FILE

THE ASSOCIATED PRESS

Detroit

U.S. government investigates Ford pickups with EcoBoost engines

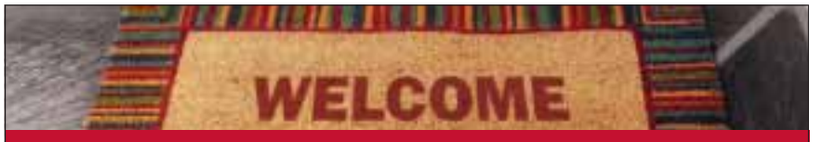
The U.S. federal government is investigating Ford F-150 pickups with EcoBoost engines after drivers reported that the engines lost power during acceleration.

The government estimates around 400,000 F-150 pickups from the 2011 through 2013 model years are involved.

The National Highway Traffic Safety Administration (NHTSA) has received 95 reports of engines losing power during hard acceleration, such as when passing. The incidents often occurred in rainy or humid weather. NHTSA has no reports of crashes or injuries.

NHTSA says Ford told dealers how to fix the issue but hasn't alerted owners. NHTSA investigations often lead to recalls. Ford owners in Ohio and Louisiana recently sued Ford in federal court, claiming the EcoBoost engine is defective because it loses power during acceleration.

The automaker says it's co-operating with the investigation. THE ASSOCIATED PRESS



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RIDING OVER TO THE DARK SIDE

URBAN COMPASS

Todd Devlin
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You may have seen Brian MacKenzie around town. I had my first sighting during Victoria Day weekend. Or rather, I witnessed an unidentified person dressed as an Imperial Stormtrooper riding a unicycle. Does that ring a bell?

My sighting was confirmed only by the pointing and giggling of a neighbouring couple on their porch. Otherwise, I'd have needed a double take. But, my eyes had it right. The only question that remained was: why?

The unicycle part dates back 12 years. A freelance videographer and web designer, MacKenzie came across a unicyclist on television who was able to do things he wasn't able to do on his mountain bike. Intrigued, he ordered a unicycle.

"As soon as I figured it out, I headed into the woods and never rode my bike again," he said. "Unicycling is the only thing I do now for exercise."

And the stormtrooper part? That stems from his involvement with the London Rogues, a Star Wars fan group in the city.

While filming the London Santa Claus Parade in 2012 (on his unicycle, of course), MacKenzie mentioned to the group that he'd been thinking of riding in a stormtrooper suit — because why not? The response was that it would be difficult to move in the costume.

Perhaps a scout trooper outfit might work?

"I did what I do often … I went home and watched Return of the Jedi," MacKenzie said. "The scout trooper was a perfect costume that would allow me the needed movements, as well as being recognizable to the general public."

A deal was made with the Rogues: website design for a scout trooper outfit.

But the relationship has evolved into much more than that. MacKenzie has done videography for the group and attended several events. His first was last year's We're All Stars event, in which children with special needs get the chance to meet sports heroes — and Star Wars characters.

"It made me realize quickly the effect the Rogues had on the kids and how excited they were," MacKenzie said. "And when I talked to the guys in the club, I could tell the passion they have for making kids happy. It seemed like a really nice group to be part of."

He's done work with the London Children's Museum and Storybook Gardens, as well as the Walk Now for Autism Speaks event, which will be held on June 9.

"We try to get out to as many events as possible," MacKenzie said. "It's so easy to make people happy simply by wearing the suit, and if we can use our recognized costumes to bring awareness to the various causes, even better."

On the unicycle, MacKenzie has travelled across Ontario and the U.S. while making two movies. He's landed sponsorship deals, produced an extreme unicycling DVD and now teaches.

"My goal has always been to make a living doing what I love," he said. "Some people wait for the phone to ring. I think of something really fun I want to do, and then I think about how I can justify it as a business venture."

Follow Todd Devlin on Twitter @UrbanCompassLdn

ZOOM

Do you know if your food is kosher?

GERRY BROOME/THE ASSOCIATED PRESS

Certification makes its mark in the mainstream

Rabbi Pinchas Herman inspects machinery used for enzyme production for kosher products at Novozymes North America Inc., in Franklinton, N.C.

The inspection is an example of how the centuries-old dietary code of observant Jews is adapting to its role as a mark of quality in the global food and drinks industry.

Albany Law School professor Timothy Lytton says some consumers like knowing that someone is performing additional checks now that food is a complex global enterprise. METRO

Guidelines

Kosher describes foods that meet dietary laws based on the Old Testament.

- Pork and shellfish aren't allowed, but cattle and finned fish are. Blood must be drawn out of meat before it's eaten. Meat and milk can't be mixed.

Industry size

$15.3B

U.S. sales of kosher prepared foods, meat, fish and dairy topped $12.5 billion in 2008, according to market research firm Mintel. That was projected to grow this year to about $15.3 billion as more and more existing products join Oreo cookies and Tootsie Rolls in becoming certified, the firm said.

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I have yet to invest any money into a Kickstarter campaign, but after learning about some of the great board games that began as crowd-funded success stories, I know where I'm going to start looking. Here are three I'm keeping an eye on.

Euphoria: Build a Better Dystopia

A European-style strategy game based around resource collection and worker management that is already getting glowing advance reviews. The creators have a previous hit with Viticulture, so if you're into that game or similar ones like Catan and Cuba, this is definitely one you should check out.

Xia: Legends of a Drift System

A sandbox-style space exploration and combat game that is almost absurdly ambitious. The cost of entry is a little steep at $105, but the beautiful design (complete with spaceship miniatures) and play-how-you-want strategy options make jumping in on this campaign very desirable.

Scalawag!

A card game that puts you in command of a warship tasked with bluffing your way to wiping out rival players, this casual game doesn't seem nearly as intimidating as the two above. A $20 contribution gets you a limited edition of the game, and I'm pretty tempted to chip in.

Comments

RE: Decoding Canada's Ongoing 'Skills Crisis,' published online May 25

Look up the skilled labour jobs available — businesses want three to five years experience or more. Did these businesses bother to hire and train staff when the economy was slow? Nope. Businesses are used to the baby boomers being there with all the experience at their fingertips. Nice while it lasted. Someone took a chance on the BBer's 40+ years ago, now step up and train our young Canadians.

ve6 posted to metronews.ca

As a Generation Jones, second cohort baby boomer myself, I say this whole so-called skills shortage issue is a fallacy. Jobs were no easier to find when I was an 18-year-old so why the problem now? Most of the uneducated find it too convenient to blame the boomers for their economic ills without fully understanding the fact that skills education is the key.

catspassgas posted to metronews.ca

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SCENE 2

With back-to-back pop hits Lovato is now radio ready

Fourth album, Demi. The X-Factor judge and talented songstress is making strides in mainstream pop and shaking her Disney tag

Before achieving back-to-back radio hits with Give Your Heart a Break and Heart Attack, Demi Lovato wondered why she had yet to find her breakthrough on the radio.

She knew she had a big voice, and had found success as a Disney Channel star, but something was off.

"I had a moment where I was just like, 'What am I doing wrong? I know I can sing. I know I'm talented. How is it that other artists who don't have my vocals ... (are) on the radio? What's taking so long?'" she said in a recent interview. "And I realized, 'Oh, it's hit songs. You need hit songs.'"

So, Lovato went into the studio and recorded songs crafted perfectly for Top 40 radio. Demi, her fourth album, debuted at No. 3 on the Billboard 200 albums chart this week. It features upbeat, radio-friendly dance numbers and pop ballads about love and relationships.

"We didn't want to put a song on there that was an album filler, so we don't have any songs on there that couldn't be potential singles," the 20-year-old Lovato said of Demi, which features producers and songwriters like Ryan Tedder (Adele, Beyoncé), Priscilla Renea (Rihanna, Selena Gomez, Madonna), and Carl Falk, Rami Yacoub and Savan Kotecha, the trio behind hits for One Direction. (Falk and Yacoub co-produced Nicki Minaj's Starships and Kotecha co-wrote Maroon 5's One More Night and Justin Bieber's Beauty and a Beat.)

Lovato got her first real hint of radio love when Give Your Heart a Break became a hit last year as she was appearing as a judge on the Fox network's The X Factor. The song was from her 2011 album, Unbroken, released months after she left rehab for an eating disorder, self-mutilation and other issues. Though she had a Top 10 hit with Skyscraper, the first single, Give Your Heart a Break, became her breakthrough, selling 1.9 million tracks.

"It was kind of like her coming-out party as a singer," said Sharon Dastur, program director for New York City's pop radio station Z100.

Lovato quickly went into the studio to record her new album, releasing the in-your-face pop jam Heart Attack, which is platinum and has so far peaked at No. 10 on the Hot 100.

"I think there's going to be a lot of radio singles, a lot of hits," said Dastur, naming songs like Without the Love, Neon Lights and Really Don't Care as potential smashes. "And I almost think (the ballad) Warrior could be like a Grammy-nominated song. It's that powerful."

Lovato, who co-wrote most of the songs, said she looked to Kelly Clarkson as inspiration when creating the album.

"A lot of the power vocalists ... they get the respect, but they don't get the recognition with hit songs that they deserve to have, and a lot of pop artists are very talented, but they don't have the vocal capability to really carry on those power ballads," she said. "(Kelly) has that ability to wow you and also get the sound stuck in your head."

It's a hit!

"It was kind of like her coming-out party as a singer."

Sharon Dastur, NYC radio station Z100's program director.
On what Unbroken represented for Demi Lovato as an album

Lovato, who starred in the Disney Channel movie Camp Rock and the TV series Sonny With a Chance, said becoming a radio artist has been a top goal.

"All I've ever wanted was my music to be heard and for people to enjoy it," she said.

Her 2008 studio album debut, Don't Forget, achieved gold status. Her albums that followed — 2009's Here We Go Again and 2011's Unbroken — have sold 487,000 and 459,000 units, according to Nielsen SoundScan.

Lovato said releasing Unbroken was a learning process because the album didn't represent her true self.

"I had just come out of rehab ... and I was trying to figure out who I was," she said. "Sometimes I can confuse what I like listening to with what I am, and I think that's what I did on that album. I was listening to a lot of R&B stuff that was on the radio and instead of creating my own style, I kind of subconsciously fell into creating someone else's album, and therefore when you hear it, it didn't make a lot of sense."

Demi Lovato doing what she does best. AP PHOTO

Dastur said being on The X Factor has helped Lovato step out of the Disney persona that has trapped others. Lovato, too, is thankful for what the show has done for her career.

"It doesn't hurt when you're releasing music and you're in millions of people's homes every week — twice a week," said Lovato, who will be joined by Kelly Rowland and Paulina Rubio when the singing competition series returns in the fall. "X Factor has helped me make that transition from being the Disney pop singer ... to the mainstream world."

THE ASSOCIATED PRESS

Role reversal for new Bachelorette

ABC's newest Bachelorette, Desiree Hartsock, says it's not hard to keep the details of her experience on the show a secret from her friends.

"Ironically, I'm kind of a private person anyway, so my friends know not to ask," she said in a recent interview. Hartsock has some experience with the matter, although her last reality TV romance ended in heartbreak.

The 27-year-old competed for the affection of Sean Lowe on the last season of The Bachelor. She was sent home after a disastrous date where he met her family.

"I think after all the questions they asked last season, they got an idea that I can't talk about it and it's best that they don't ask. They just let me be and I'm excited to talk about it once it's all over," she said of the new season.

Whether the bridal designer is excited to share some good news, Hartsock is also keeping that close to the vest.

"I can't give away if I'm happy or anything but this season I think is a little different because there are a lot of twists and turns. Everybody's gonna have to wait and see what happens," she said.

Hartsock marvels at how her life has changed in a short amount of time.

"It just blows my mind, to be honest," she laughed. "I wasn't even expecting to be on The Bachelor. It was more of a 'hey, if this works out, it works out.'"

It didn't work out with Lowe, who's engaged to Catherine Giudici, his final pick on The Bachelor. But Hartsock won over viewers with her girl-next-door looks, attitude and raw vulnerability when Lowe sent her home after meeting her family.

The drama this time comes from 25 male contestants. Hartsock says they have "a lot of strong personalities" and she's looking forward to seeing what led up to their conflicts when she wasn't around.

The Bachelorette, hosted by Chris Harrison, premieres Monday on ABC at 8 p.m. EDT.

THE ASSOCIATED PRESS

Desiree Hartsock. AP PHOTO

Sometimes the answer to business success is a question...

Sequels — or suck-quels — come in few flavours. Some — like Star Wars — continue a storyline; some — like Home Alone 2 — hit repeat. Others, like the James Bond and the Fast and the Furious films, help a franchise endure by adapting for the times and swapping out stars as they age or move on. Very few completely change course midstream. With The Hangover Part III not being about a hangover, we round up films that messed with the formula, and some failed.

MATT PRIGGE
Metro World News in New York City

Five deviated sequels

Sudden Impact (1983)

Clint Eastwood first embodied rebel cop "Dirty" Harry Callahan. The five-film series has mostly been helmed by genre directors of varying quality. For the fourth, Eastwood — a more laid-back and filmmaker — took over. The result is a slower film than the rest where Harry is unusually empathic with the murdering female character whom historically he would have gunned down. Regardless, it's the series' biggest grosser.

Halloween III: Season of the Witch (1982)

John Carpenter originally envisioned that his series would boast new villains in every film. But even though the first sequel brought back Michael Myers, the third adhered to this vision, thus confusing everyone when the baddie turned out to be 62-year-old Dan O'Herlihy, playing the owner of a Halloween costume manufacturer hell-bent on domination.

Evil Dead 3 - Army of Darkness (1992)

Evil Dead goes medieval! Bruce Campbell's Ash, the survivor of The Evil Dead and its comic sequel/sorta-remake, was suddenly whisked to the Middle Ages for no reason other than, "Wouldn't that be kind of awesome if a gorefest series did that?"

Babe: Pig in the City (1998)

There could have easily been endless nice films about Babe, the talking pig, on his farm with other talking animals. But the first sequel killed this prospect by taking our pig into a mega-metropolis and going dementedly creepy and wonderfully dark. Parents famously freaked, and the film tanked, but most kids would adore it.

Universal Soldier: Day of Reckoning (2012)

When few were looking, Universal Soldier — a modest hit for Jean-Claude Van Damme back in 1992 — lived on as a direct-to-video mainstay about a cyborg fighter. Anyone who caught up with its sixth entry would have been shocked to find that it barely resembles the original. Now Van Damme is the bad guy and the star is some guy (Scott Adkins) on a routine revenge mission. Most different of all, this John Hyams film is very well-made and a lot of fun.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lena Dunham ALL PHOTOS GETTY IMAGES

Dunham not laughing off Girls porn parody

Girls creator and star Lena Dunham is less than thrilled with Hustler's porn parody of the series. "I wish I had a better attitude about the Girls porn parody," she explains via Twitter. "Wracked my brain to articulate why I can't just laugh off a porn parody. Here are three reasons: One, because Girls is, at its core, a feminist action while Hustler is a company that markets and monetizes a male's idea of female sexuality. Two, because a big reason I engage in (simulated) onscreen sex is to counteract a skewed idea of that act created by the proliferation of porn. And three, because it grosses me out."

Ashton Kutcher

Come on, Twitter, you used to be cool

Ashton Kutcher used to be really into Twitter, but now it's been ruined, he griped at a tech conference in Las Vegas, according to CNN.

"For lack of a better verb, the media came in and f—ed it up," Kutcher said. "When I first got on, it felt like the democratization of media. Now it just feels like media. The bigger vision for Twitter when Jack (Dorsey) created it was to empower communication to happen as things were taking place. Now it's just a bunch of companies and people constantly pitching crap."

Pop Goes the Week

This week: Kanye will save you, but he can't save the vampire love

STARGAZING
Malene Arpe
scene@metronews.ca

Possible reasons Kristen Stewart and Robert Pattinson broke up. 1) He didn't forgive her for the affair. 2) She was tired of getting sparkles all over the house. 3) Sometimes an awkward relationship just runs its course. 4) Katy Perry may be to blame. 5) The promotion for the last Twilight DVD is over so their contract was terminated early.

The makers of Nutella issue a cease and desist order to the founder of World Nutella Day. That makes no sense. It's as if Justin Bieber issued a cease and desist letter to the founder of World-wide Dumbass Drop-crotch Pants Appreciation Week.

Kanye West's new album will be called Yeezus. The first video from the album will feature Kanye turning water into really irritating, delusional wine with tiny, little leather kilt labels.

Covergirl announces a Hunger Games: Catching Fire collection. For, like, when you're hanging out, starving and wounded and plotting to overthrow a fascist regime and sooo need to look hot.

Andrew Garfield plays basketball with some kids in New York while wearing his Spider-Man costume. Not to be outdone, Kanye West plays bocce with some random senior citizens while wearing a jersey made from the Shroud of Turin.

A man who installed a video camera in his kitchen to film ghosts he believed were in the house instead caught his girlfriend having sex with his son. Said the man, "Weirdly, I feel even more haunted now."

The explicit sex scenes in Lars von Trier's up-coming two-part movie, Nymphomaniac, were created by digitally combining the upper bodies of the actual actors with the, erm, lower part of porn actor body doubles. Sadly, von Trier wasn't able to combine the general attitude of the film's star, Shia Labeouf, with something less annoying.

Amanda Bynes

Bynes takes to Twitter to set record straight

After her arrest in New York last week, Amanda Bynes is looking to tell her own side of the story and has taken to her favourite communication tool, Twitter, to do so.

"Don't believe the reports about me being arrested," Bynes wrote over the weekend. "I was sexually harassed by one of the cops the night before last which is who then arrested me. He lied and said I threw a bong out the window when I opened the window for fresh air. Hilarious. He slapped my vagina. Sexual harassment. Big deal. I then called the cops on him. He handcuffed me, which I resisted, quite unlike any of the reports stated. Then I was sent to a mental hospital. Offensive. I kept asking for my lawyer but they wouldn't let me." Bynes was arrested on charges of marijuana possession, attempted evidence tampering and reckless endangerment. She was released on her own recognizance and must return to court July 9. After being released, she also tweeted, "I only smoke tobacco, I don't drink or do drugs. I've never had a bong in my life! I need to get another nose job after seeing my mugshot."

Twitter

@Rihanna
Smart work pays off!!!

@NiallOfficial
Anyone know what time it is in portugal? My phone says different to my laptop

@ParisHilton
So annoyed. Still at airport, flight has been delayed 4 hours. So not going to make our connection flight from LA to Maui.

@AmandaBynes
Believe everything I say on twitter!

wer to business success is a question.

ting with Arlene Dickinson and Scotiabank Small Business advisors.

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Book Excerpt

Training don'ts

IT'S ALL RELATIVE
Kathy Buckworth, kathybuckworth.com

"Oh, just give me that. It's easier if I do it myself." Ack.

Don't ever say these words to a child (or a trainable husband) when they are mid-task.

One of the worst things we can do as managers in our own family is to do the job ourselves instead of training the employee/child to do the job correctly. In corporate speak, this is called "dipping down" or "micromanaging." If we micromanage our kids, the end result is that a: we end up doing everything ourselves while they play video games and eat pizza and b: they don't know how to complete basic household tasks and are ultimately destined to live out their adult lives in our basement, since they'll be too incompetent to hold down a job.

Corporate managers are expected to mentor and encourage growth. Micromanaging is the exact opposite of mentoring, and eventually even the lamest employee will start to resent her manager dipping down and doing the work she is supposed to be doing. While a child might not actively complain about Mom making his lunch when he's 15, he should. The lack of training by Helicopter Parents today is ridiculous. Not only does it cause undue work for the parents, it prevents the child from learning to do the tasks themselves. If you are reading this section while cutting up your six-year-old's chicken, please stop. Do both of you a favour. FROM I AM SO THE BOSS OF YOU. COPYRIGHT © 2013 KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. ALL RIGHTS RESERVED.

Exclusively online

Why is it that babies are obsessed with all things dangerous? Follow along with the comedic (mis) adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

ELLE 3

Tinkle time goes high-tech

Potty seats. They flush, they sing, they look like thrones to make it easier for tots and hopeful parents

Potty seats are being designed to entertain. THE ASSOCIATED PRESS/ SAFETY 1ST

For some hopeful parents, summertime is "tinkle time," as in setting toddlers diaperless while potty training. And like many aspects of life with kids, potty training means gear.

The choices in potty seats and chairs proliferated and sprouted all manner of bells and whistles.

Many convert like Transformers to serve multiple functions. One has a voice recorder to add a personal message ("Go Jacob!"). Others belt out happy tunes, have cubbies to stash wipes and books, sport their own toilet paper holders, simulate flushing, look like mini-urinals and are decked out as fancy thrones.

So who's it all for, parents or little doers trying to figure out Nos. 1 and 2? Whether you decide on "elimination communication," where infants go without diapers earlier than the norm, take a cold-turkey boot camp approach or have a late and reluctant bloomer on your hands, chances are a cheery potty seat is in your future.

"People talk about potty training more. Before it was something you just got through, you know. You just did it," said Angie Peterson, marketing director for Levels of Discovery, a company that puts out painted wood potty thrones for up to $83 a pop.

Heidi Murkoff, however, who wrote the pregnancy bible What to Expect When You're Expecting isn't a huge believer in busy potty chairs.

"Bells and whistles, and musical potty seats, are never necessary. Clearly babies have mastered potty proficiency for generations without them," she said. "They just make the process more fun. But the bottom line: What kind of seat you put that cute little bottom on matters far less than how ready your toddler is to start potty training."

In any case, take your tot shopping with you for a potty to build excitement, Murkoff said. THE ASSOCIATED PRESS

Choices, choices

Ducky Fun 3-in-1 Potty training chair. THE ASSOCIATED PRESS/FISHER PRICE

The Boon Potty Bench with side storage spaces for books, training supplies and wipes. THE ASSOCIATED PRESS/ BOON

The Magic Garden Potty Chair. THE ASSOCIATED PRESS/TEAMSON

The Riding Potty Chair. THE ASSOCIATED PRESS/ POTTY TRAINING BOYS BY POTTY SCOTTY

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Egging it on in delicious ways

This recipe makes enough for two or three sandwiches. EGG FARMERS OF ONTARIO

A Classic Egg Salad Sandwich hits the spot on many occasions, but it's even better with a few added ingredients.

You can also rethink your traditional Egg Salad Sandwich and use the recipes as dips with crackers or sliced pita bread.

1. Place eggs in saucepan and fill with cold water to cover. Bring to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes. Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.

2. Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.

3. Stir in yogurt, mayonnaise, Dijon mustard, salt and pepper until smooth. Add celery and green onion (if using) and stir to combine.

4. Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

Ingredients

- 4 eggs
- 2 tbsp (30 ml) plain non-fat yogurt
- 2 tbsp (30 ml) light mayo
- 1 tsp (5 ml) Dijon mustard
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (60 ml) celery, diced
- 1 green onion, chopped (optional)

Salmon Dill
Omit green onion. Add 1/4 cup (60 ml) smoked salmon, finely chopped, 1 tbsp (15 ml) fresh dill, chopped, and 2 tsp (10 ml) capers, chopped.

Pickle Bacon
Omit celery. Add 1 small dill pickle, diced, 2 strips of bacon, cooked and chopped, and 1 tsp (5 ml) horseradish (or more if desired).

Chili Avocado
Omit celery and green onion. Add half of avocado, diced, 1 tbsp (15 ml) red onion, minced, 1/2 tsp (2 ml) chili powder. EGG FARMERS OF ONTARIO

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Equivalent

One Pizza Pizza Cheese and Pepperoni Panzerotti is equal in fat to 4.5 servings of Vanellis' spaghetti with meat sauce.

Pizza Pizza Sausage Sandwich

580 calories/ 22g fat/ 2,350 mg sodium
The ciabatta bun has almost 300 less calories and half the fat of the panzerotti dough even though the sausage is fatty.

Carbonara Pasta Salad

1. Bring saucepan of salted water to boil. Add pasta and cook according to package directions. Drain; spread on rimmed baking sheet to cool.

2. Meanwhile, heat medium skillet over medium-high heat. Add pancetta and cook until crispy, about 6 minutes. Use slotted spoon to transfer pancetta to paper towel-lined plate to drain and cool. Add peas to skillet and cook just until tender, 3 to 4 minutes. Transfer to plate with pancetta and allow to cool.

3. While everything cools, make dressing. In blender, combine egg yolks, garlic, mustard, vinegar and lemon juice. In slow stream, add oil, blending until thick and smooth. Season with salt and pepper.

4. In a large bowl, combine the cooled pasta, pancetta, peas, dressing, Parmesan and scallions. Toss well. For best flavour, cover and refrigerate for at least 1 hour.
THE ASSOCIATED PRESS

Ingredients

- 16 oz gemelli or rotini pasta
- 9 oz finely chopped pancetta
- 1 cup fresh peas
- 3 egg yolks
- 3 cloves garlic, minced
- 1 tbsp Dijon mustard
- 2 tbsp white balsamic vinegar
- 1 tbsp lemon juice
- 1/2 cup mild olive oil
- Salt and ground black pepper
- 1 cup grated Parmesan cheese
- 3 scallions, thinly sliced

Taste of Barbecue Chicken, minus the grill and calories

This recipe serves four, and contains 240 calories and 5 grams of fat per serving. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat the oven to 350 F.

2. In bowl combine ketchup, adobo sauce, brown sugar, vinegar, mustard and garlic. Season with salt and pepper.

3. Line shallow baking dish with foil, leaving enough excess to overhang sides. Spread half of the sauce on foil in area just size of chicken breasts. Arrange breasts on top of sauce and spoon remaining sauce over top. Bring edges of foil up and over chicken and fold to enclose. Bake breasts on middle shelf of oven 20 minutes.

Ingredients

- 1/2 cup ketchup
- 1 to 2 tbsp adobo sauce (from a can of chipotles in adobo)
- 2 tsp dark brown sugar
- 2 tbsp cider vinegar
- 2 tbsp Dijon mustard
- 1 to 2 cloves garlic, minced
- Kosher salt and ground black pepper, to taste
- 1 lb boneless skinless chicken breasts without the filet (a total of 2 to 3 breasts, each about 3/4- to 1-inch thick)
- 1 tbsp extra-virgin olive oil
- 1/2 cup panko breadcrumbs
- 2 tsp chopped fresh thyme

4. Meanwhile, in small skillet over medium, heat oil. Add breadcrumbs, thyme, a pinch of salt and some pepper. Sauté until light golden, 3 minutes. Set aside.

5. After chicken has baked 20 minutes, open up foil and spoon sauce that has fallen off chicken back on top. Sprinkle crumb mix evenly over chicken. Continue baking, uncovered, until chicken is just cooked through, another 8 minutes. Let stand for 5 minutes.

6. Carefully slice chicken, then divide between 4 serving plates, spooning any sauce and crumbs that have fallen off over the chicken slices.
THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

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Funding platform drawing crowds

Throw some pennies at that project. Crowdfunding has come into the spotlight of late, due to a certain mayor and his uncertain habits. As the money pours in to solve the videotape mystery, we take a look at some groups who made (arguably) better use of this business booster

RITA POLIAKOV
life@metronews.ca

Amin Abdossalami, Mahyar Fotoohi and Leor Grebler of team Ubi. SUBMITTED

When Christian Catalini first started studying crowdfunding in 2008, no one seemed to care.

"For a long time, it didn't receive a lot of attention. It was developing on the fringe," said Catalini, a PhD candidate at the University of Toronto's Rotman School of Management.

The first crowdfunding effort that caught Catalini's attention was a small organization out of Amsterdam meant to help the music industry there. Since then, crowdfunding has slowly exploded. According to Kickstarter, more than 2.2 million people pledged more than $319 million on the site, which funded 18,109 projects in 2012.

"The advantage of crowdfunding is it lowers the cost of capital. If you don't have a reputation, you can go online and create a profile," Catalini said.

Not all crowdfunding projects are successful, but the following were. Here's why:

Did you submit? Don't sit!

Don't just assume that if you build it they will come. Crowdfunding takes a lot of work.

Ariel Garten
InteraXon Media

Ubi
Kickstarter goal: $36,000
Funds raised: $229,500

Ubi, short for ubiquitous computer, is a voice-activated, portable computer that plugs into the wall and can answer questions, send emails and make phone calls.

"We wanted to do two things," said Leor Grebler, one of Ubi's creators. "One was to see if there was a market for what we were developing and the second thing was to actually be able to raise the money to develop it."

According to Grebler, to succeed on Kickstarter, a product needs to be unique. The creators should also do their research and avoid getting cocky.

"Don't assume people are just going to back your project," Grebler said, adding that his team reached out to social media and regular media to get the word out. Also, Grebler suggests keeping the goal low, especially on Kickstarter, where the project only gets funded if it reaches its goal.

Cobra Wallet
Kickstarter goal: $30,000.
Funds raised: $51,128.

This ultra-thin wallet was born out of a desperate search for a comfortable place to put cards and cash.

Alex Kennberg, who created the project with Joshua Moore, suggests having a prototype before looking for cash.

"If people see only renderings, a lot of things can go wrong. The further you can get (to the final product), the less risk there is for backers," he said.

And, of course, make a solid video with a clear message.

Muse
Indiegogo goal: $150,000.
Funds raised: $287,000.

Muse, made by InteraXon, is a brain-sensing headband that allows users to monitor brain activity. It could lead to controlling apps or games with our minds.

"Funding is not easy," said Ariel Garten of InteraXon.

"Don't just assume that if you build it they will come. Crowdfunding takes a lot of work," she said, adding that projects that do well are often "things that people can see using themselves."

The Muse headband invites users to see their brain in action. SUBMITTED

The Cobra Wallet was born of a need to keep cash compact. SUBMITTED

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metro

HEALTH-CARE WORKERS

Monday, May 27, 2013

Health-care professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. ISTOCKPHOTO/THINKSTOCK

Many factors determine career choice

Do you have a desire to heal? Ask yourself these questions if you want to enter field of medicine

CHRIS EDWARDS
For Metro

Doctor, dentist, nurse, physiotherapist, chiropractor, midwife and more — the list of health-care careers available to you is long and varied. The professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. If you want to be one of them, you must have that desire, too.

To help you decide what kind of health-care professional you might want to be ask yourself some of the following questions:

What matters to you more — variation or predictability? Does the thought of a job with daily new challenges excite you or just stress you out? Does a 9-to-5 workday sound comforting or boring? Within medicine alone you will find careers suited to any of these personality types.

Many factors motivate a student to choose medicine, says Dr. Tom Feasby, professor of neurology and past dean of the faculty of medicine at the University of Calgary.

"Certainly, the prestige that goes with being a doctor and the general respect one gets from the community positively influence choices, as do the expectations of a good income and job security. However, I think that other factors are stronger motivations, including the desire to make a difference and to help others. Some find the science appealing and others like the technical nature of some fields. I think that many others find the variety of experience and the options available intriguing."

Now consider your personality. Are you a people person? Are you the hands-on, physical type, or does a cerebral environment (like a lab) appeal more to you? Do you prefer working in teams, or alone? Do you like children?

Joanna Nemrava is the president of the Canadian Association of Midwives.

"Individuals drawn to midwifery are generally giving, caring, flexible and adaptable," she says. "A midwife ensures that her client is empowered to make decisions around her pregnancy and birth, including where she will give birth (home, hospital, or birthing centre). This requires a person who can easily adapt to different settings, be woken up at 3 a.m. to attend a birth without knowing when she will return home, and work together with other health professionals when emergencies arise."

Once you have answered some of these questions you can begin background research on the fields that interest you most. Read up on medical schools, colleges, government ministries and professional associations online. Approach your teachers, professors, or guidance counsellors for their perspectives.

And, above all, make sure to speak to the men and women who work in these fields. There is no substitute for their experience.

Memorable profession.
Job diversity can be extremely rewarding

CHRIS EDWARDS
For Metro

Choose a career in health care and you can do a lot of good for other people. But it will do just as much good for you.

Health-care professionals enjoy a lot of flexibility — some have the freedom to work limited schedules in communities large or small. They are well-respected and well-compensated for the work they do. And their jobs are often memorable.

"In my line of work you meet new people all the time," says Dr. Sacha Bhatia, a cardiologist at Women's College Hospital in Toronto. "Not only do you get to help them, you get to hear their stories. You learn from them. No two days are the same."

Health-care professionals can learn from their colleagues, too.

Jill Fediurek is manager, immunization, at Public Health Ontario. She has also worked as a nurse educator and manager, and provided direct patient care.

"The diversity within nursing is extremely rewarding," she says. "It promotes lifelong learning."

Kinny Quan, a registered physiotherapist, enjoys helping others find their way, whether they are patients or younger colleagues.

"I have the opportunity to teach physiotherapy students, which is very rewarding," she says. "And it keeps me grounded."

Perhaps most importantly, health-care professionals can count on stable careers supported by professional associations with their best interests in mind.

It's a good feeling, says Bhatia.

"When you don't have to worry as much about job security you can focus your attention where it matters most — on the patient in front of you."

Health-care professionals, such as physiotherapists, can count on stable careers. JUPITERIMAGES/CREATAS/THINKSTOCK

EXECUTIVE EDUCATION

Healthcare Leadership Development Program

The healthcare system is in a constant state of flux. Leaders are expected to perform in the spotlight under difficult conditions.

This 9-day program beginning September 2013 will allow participants to collaborate, bringing business strategy and individual perspectives together to build new skills, and strengthen partnerships.

Topic Areas include:

- Health Policy
- Financial Management
- Leadership
- Critical Thinking
- Project Management
- Conflict Management
- Emotional Intelligence
- Strategic Planning
- Reputation Management

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French Open

Raonic advances to second round

Canadian Milos Raonic passed his first test at Roland Garros, powering into the second round of the French Open with a victory over Xavier Malisse on Sunday.

The hard-serving 22-year-old from Thornhill, Ont., beat Belgium's Malisse 6-2, 6-1, 4-6, 6-4 in the match that was decided in just under two hours.

THE CANADIAN PRESS

Giro d'Italia

Nibali celebrates tour championship

Vincenzo Nibali coasted to the Giro d'Italia title in the final stage of the three-week classic Sunday, while Mark Cavendish won the 21st leg in a sprint finish for his fifth victory in this year's race.

Nibali took the overall leader's pink jersey after the seventh stage, never gave it up, and padded his lead by winning the final two mountain stages in dominating fashion.

THE ASSOCIATED PRESS

NHL playoffs

"If we had to start tomorrow, I think we'd be ready and be OK. But in the playoffs you can never have too much rest."

Pittsburgh Penguins captain Sidney Crosby. The schedule for the Eastern Conference final against the Boston Bruins has yet to be released. The Penguins ultimately will end up with four or more off-days after wrapping their series with the Ottawa Senators on Friday night.

Warner hurdles his way to top of podium

Track and field. Local athlete wins decathlon at event in Austria

Damian Warner held on to his lead from the opening day to win the men's decathlon at the Hypo Meeting on Sunday, while fellow Canadian Brianne Theisen won the women's heptathlon.

In cold and windy conditions, Warner took the hurdles to increase his lead before winning the IAAF World Challenge event with 8,307 points, 125 clear of Carlos Chinin of Brazil. Gunnar Nixon of the United States came third with 8,136.

"This weekend has been awesome," said Warner, who placed fifth at the 2012 London Olympics in the decathlon. "The weather made it really hard but we made the most of it and now we're moving on toward (the world championships in) Moscow."

The London native struggled during the pole vault, only clearing his opening height of 4.46 metres at his third and last attempt. Kai Kazmirek of Germany, who was second after the opening day, failed to score points in the discipline and dropped to 15th overall.

"It was pretty tough," Warner said. "I wasn't sure of the score. I didn't really keep track of it. I just wanted to win here."

In the heptathlon, Theisen, a native of Humboldt, Sask., defended her slim five-point overnight lead by finishing on 6,376 to beat Dutch pair Nadine Broersen (6,345) and Dafne Schippers (6,287).

"Aside from the two throwing events it was almost perfect. This was so great," Theisen said, adding the cold and the wind hadn't bothered her. "Maybe that was my advantage as I am used to this kind of weather."

Theisen briefly lost her lead to Schippers after the long jump, but returned to the top of the leaderboard after the javelin and placed second in the 800 metres.

Olympic winner and Theisen's fiancé Ashton Eaton, world champion Trey Hardee and former world record holder Roman Sebrle all pulled out with injuries before the meeting.

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Damian Warner reacts during the discus competition of the men's decathlon at the Hypo Meeting in Goetzis, Austria, on Sunday.
KERSTIN JOENSSON/THE ASSOCIATED PRESS

Munenori Kawasaki is mobbed by teammates after driving in the winning run. TORSTAR NEWS SERVICE

MLB. Jays salvage series split with O's

Munenori Kawasaki drove in the game-winning run as the Toronto Blue Jays scored four runs in the bottom of the ninth inning for a dramatic 6-5 win over the Baltimore Orioles on Sunday in Toronto.

Kawasaki lashed a two-run double to the gap in left-centre field to cap the rally off Baltimore closer Jim Johnson.

The win helped the Blue Jays salvage a split of the four-game series.

Toronto put runners on the corners with nobody out in the bottom of the ninth. J.P. Arencibia drove in Edwin Encarnacion with a single to make it a two-run game.

Brett Lawrie of Langley, B.C., flied out and Anthony Gose walked to load the bases. Mark DeRosa pushed a run across on a fielder's choice and later came across with the winning run. THE CANADIAN PRESS

4 SPORTS

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Chicago turning the tables

Jonathan Toews of the Blackhawks battles with Valtteri Filppula of the Red Wings in Game 5 of the Western Conference Semifinals on Saturday in Chicago. The Blackhawks will look to tie up the series on Monday. JONATHAN DANIEL/GETTY IMAGES

NHL playoffs.

Presidents' trophy winners finding rare comfort in underdog status in Round 2

The Detroit Red Wings hope the next time they board a plane, it is headed for California.

Even though they have already won a Game 7 on the road this post-season, the Red Wings would rather eliminate the Chicago Blackhawks in Game 6 on Monday night to avoid making another trip in the second-round series.

"We'd like to take care of business," Detroit forward Justin Abdelkader said Sunday. "We've just got to play desperate."

Seventh-seeded Detroit leads the series 3-2, a win away from advancing to the Western Conference finals for the first time since 2009 to face the winner of the Los Angeles Kings-San Jose Sharks matchup.

The NHL's top-seeded Blackhawks are counting on staving off elimination in Joe Louis Arena and making Game 7 necessary on Wednesday night in the Windy City. With a 4-1 win Saturday night, the Blackhawks extended the series by at least another game.

"It was the biggest game of the year," Chicago's Bryan Bickell said before the team boarded a flight for Detroit. "We're just going to take Game 6 the same way."

Blackhawks captain Jonathan Toews ended his 10-game playoff scoring drought, dating to last year, with a second-period goal that gave Chicago a two-goal lead after it lost the previous three games by a combined score of 9-2.

"For sure, I put more pressure on myself," he acknowledged. "Considering we only scored two goals in three games, you feel like in big-time situations you need to find a way to do something."

Red Wings coach Mike Babcock lamented that his team did nothing well in Game 5, saying the coaching staff and players wasted their first chance to advance against a talented and determined team.

"You got to put teams away, they're not going away," Babcock said. "It's not like they got a holiday booked somewhere they got to get to. They're competing to stay in it. I thought that was evident and it was a real good message for our team.

"We got to play harder, more desperate, more organized, more detail-oriented. We weren't a very good hockey team."

THE ASSOCIATED PRESS

Seizing momentum

"They kind of have our backs against the wall and we're pushing back and that makes us a dangerous team."

Blackhawks forward Andrew Shaw on how the pressure has shifted in the second-round series.

Golf

Boo Weekley earns first win in 5 years at Colonial

Boo Weekley made three consecutive birdies in the middle of his round to take the lead at Colonial, and finished with a 4-under 66 on Sunday for his first PGA Tour victory in five years.

Weekley never trailed after those birdies on holes 8-10, which came about the same time Scott Stallings made double bogey at No. 15 to drop out of the lead.

At 14-under 266, Weekley finished a stroke ahead of Matt Kuchar, the second- and third-round leader who closed with a 68. Defending Colonial champion Zach Johnson, who also won at Hogan's Alley in 2010, shot 66 to finish third at 12 under for his first top-10 finish this season.

Both of Weekley's previous wins had been at Harbour Town, in 2007 and 2008. Like the Heritage winner, the Colonial champion gets a plaid jacket.

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Boston Marathon runners end tearful race

Two of the approximately 35 runners from the 2013 Boston Marathon unable to finish the race due to the tragic bombings hug after crossing the finish line at the Indianapolis Motor Speedway before the start of the 97th Indianapolis 500 auto race on Sunday. DARRON CUMMINGS/THE ASSOCIATED PRESS

IndyCar

Kanaan wins long-overdue Indy 500

The hard-luck loser no more, Tony Kanaan finally won the Indianapolis 500 Sunday — with a bit of luck, at that.

In the mix all day during a record 68 lead changes, Kanaan dipped inside defending IndyCar champion Ryan Hunter-Reay on a restart with three laps to go.

From there, he cruised to Victory Lane under the yellow caution flag, flipping up his visor to wipe tears from his eyes as the crowd roared.

"I have to say, the last lap was the longest lap of my life," the popular Brazilian said.

"I got a little bit of luck today," said Kanaan, drenched in the celebratory milk. "I was looking at the stands, and it was unbelievable. I'm speechless. This is it, man. I made it."

THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Don't waste time on petty arguments today, or at any stage throughout the coming week. What other people say and do is completely irrelevant to what you have got planned.

♉ Taurus
April 21 - May 21
It would appear that some of the people you now have to deal with are more interested in having a good time than discussing important issues. That's their choice to make – but you can choose to get new partners too.

♊ Gemini
May 22 - June 21
It may be your time of year and most things may be going right for you but don't let your guard down. Saturn suggests a rival is angling for ways to make themselves look good at your expense.

♋ Cancer
June 22 - July 23
If you make a blunder of some sort today you must own up to it immediately. There are far more important things you will need to worry about later in the week.

♌ Leo
July 24 - Aug. 23
For some reason you appear to believe that others are out to get you. Why should that be? You're such a likeable Leo! Rest assured it's not in the least bit true.

♍ Virgo
Aug. 24 - Sept. 23
Different people see things in different ways and if you keep that thought in mind today you won't go far wrong. There is really no need to get worked up about petty differences.

♎ Libra
Sept. 24 - Oct. 23
Don't get disheartened if you have fallen behind in your work schedule. There is still plenty of time to get done what has to be done and panicking won't make it easier.

♏ Scorpio
Oct. 24 - Nov. 22
Try to get friendly with someone you think of as a rival, maybe even an enemy. It could well be that they are not nearly as nasty as you think they are.

♐ Sagittarius
Nov. 23 - Dec. 21
You know how to say the right thing at the right time and today you can charm the birds from the trees. One person in particular will be so enthralled that an offer is likely to follow.

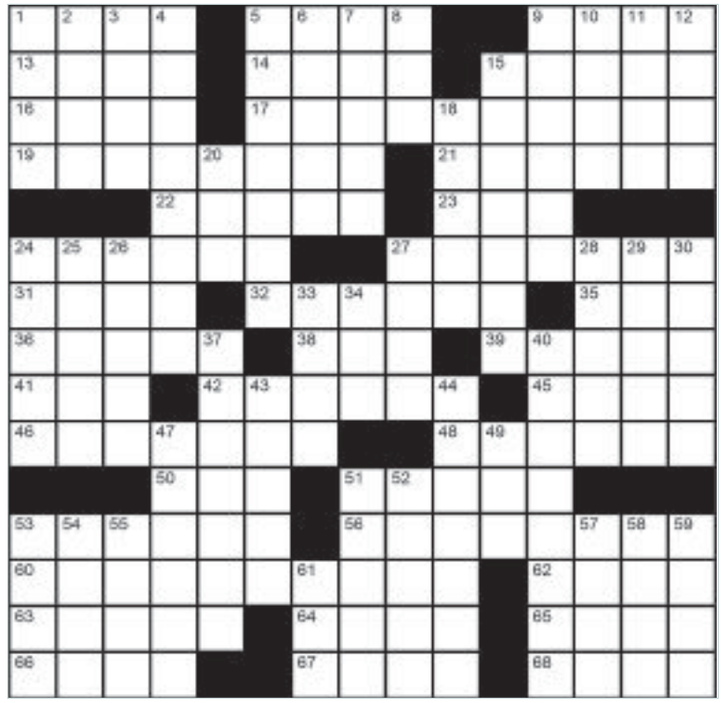
♑ Capricorn
Dec. 22 - Jan. 20
Let your hair down a little today. You may have important tasks to complete but you know they can wait. Nothing is so important that it cannot be put off until tomorrow — though tomorrow they MUST get done.

♒ Aquarius
Jan. 21 - Feb. 19
Any ideas or insights you get over the next 24 hours are likely to be important, so don't dismiss them as wild imaginings. What you think about in the present is what you will be doing in the future.

♓ Pisces
Feb. 20 - March 20
Identify your priorities and focus on them to the exclusion of everything else. The more others try to tempt you to do something else the more you must resist. SALLY BROMPTON

Crossword: Canada Across and Down

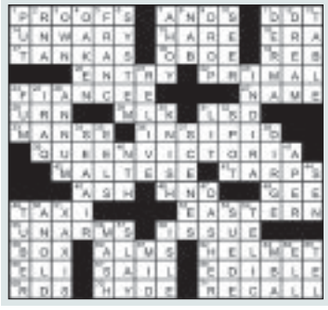
BY KELLY ANN BUCHANAN



Across
1. Pulled tightly
5. Becomes beyond betrothed
9. "__ It": 1980 hit for Devo
13. Shoe prop, __ support
14. Water blue
15. Ms. Davis of TV/movies
16. Dorothy of Oz's surname
17. Corey Hart hit: "__ at Night"
19. Federal info gathering/producing agcy.
21. "Hmmm... let me mull it over.": 2 wds.
22. Young horses
23. Wheat: French
24. Popular 1960s record label
27. Julia Louis-__ of "Seinfeld"
31. Addict
32. Come into sight
35. Ms. Gasteyer of ABC comedy "Suburgatory"
36. Preps for painting, as a chair
38. Tree type
39. Fabric measurements
41. Nickname of a President
42. __ Brook, Newfoundland
45. Does well, as on an exam
46. CRT = __ ray tube
48. Solar System model
50. Be in debt
51. Steer clear
53. Pleasant promenade
56. Taking away
60. Canadian magazine since 1928
62. Shakespeare, The Bard of __
63. Paddled
64. Get wind of
65. Proportionately, Pro __
66. Bound
67. Shakespeare's __ Well That Ends Well
68. Acknowledged

Down
1. Labels
2. Smell _ __ (Be suspicious)
3. Calif. campus
4. __ Mines, Quebec
5. Regina's __ Creek
6. Peer
7. Big name in Canadian smoked meat
8. Wilt
9. Actor Mr. Snipes
10. Hamilton's __ Village
11. Bellybutton type
12. Matador maneuver
15. National __ of Canada (Art attraction in Ottawa)
18. The Balance
20. Scatter seed
24. Madonna song
25. City of Honshu in Japan
26. Principle
27. Dog's playful move
28. Zany comedy
29. Anesthetized
30. Cheeky
33. Non-__ clogging, as some makeup
34. Tin __ Alley
37. Glowered
40. Termite-muncher
43. Nancy of "Entertainment Tonight"
44. Boarding house tenants
47. Communicated, owl-style
49. __ de Janeiro
51. Spirit in Shakespeare's The Tempest
52. Corruptible
53. Ewan McGregor, for one
54. Noodle dish, Pad __
55. Uncommon
57. Canadian filmmaker Mr. Reitman
58. Memo
59. Eat away at
61. '80s band from Norway

Friday's Crossword



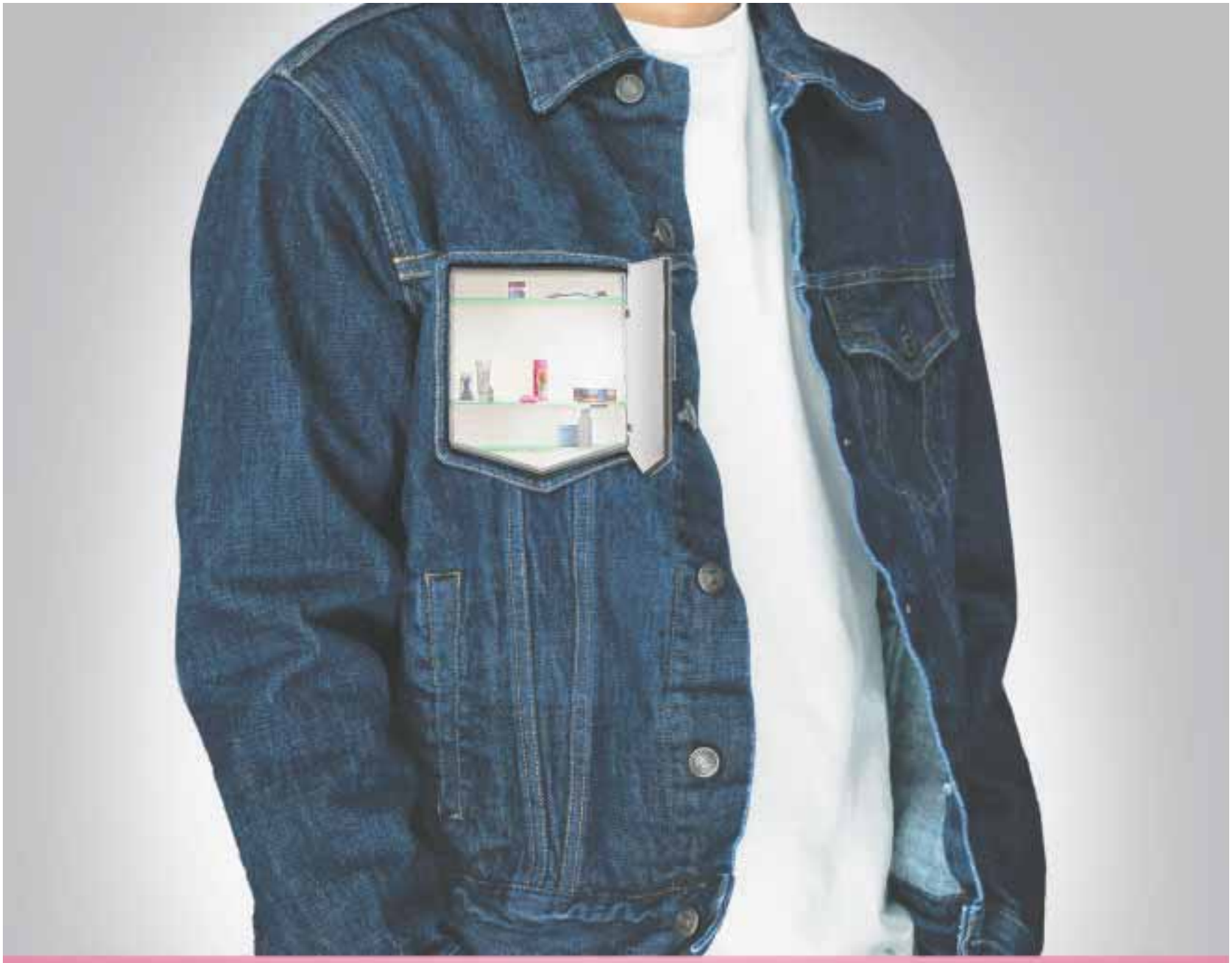
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1		3					
		9		7				2
		5		2	4	8	6	
		8						3
	5	3		8		6	7	
4						1		
	9	7	6	4		2		
8				3		9		
					7		5	

Friday's Sudoku

1	4	7	6	9	2	8	3	5
5	6	2	4	8	3	1	9	7
8	9	3	7	5	1	4	6	2
2	8	5	9	7	6	3	1	4
9	3	1	8	2	4	7	5	6
4	7	6	1	3	5	9	2	8
3	2	9	5	4	7	6	8	1
7	1	8	2	6	9	5	4	3
6	5	4	3	1	8	2	7	9



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